

DINNERLY



Low-Cal Lebanese Chicken with Roasted Veg and Tahini Drizzle



30 minutes



2 Servings

Transform everyday chicken and three veg. Toss in Middle Eastern spices, combine roasted, pan-fried and fresh flavours, and finish with a creamy tahini drizzle.

WHAT WE SEND

- 1 head broccoli
- 1 carrot
- free-range chicken tenderloins
- 5g kofta seasoning ¹⁷
- 150g peas
- 40g tahini ¹¹

WHAT YOU NEED

- 1 garlic clove
- olive oil spray (optional)
- 1 tbs olive oil
- 1 tsp white or red wine vinegar ¹⁷
- pinch of sugar

TOOLS

- large oven tray
- baking paper
- small saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 505kcal, Fat 22.4g, Carbs 15.2g, Proteins 44.5g



1. Prep ingredients

Preheat the oven to 220C. Line a large oven tray with baking paper. Cut the **broccoli** into small florets. Peel the **carrot**, then halve lengthwise and cut into wedges. Crush **1 garlic clove**.



2. Roast veggies

Put the **broccoli** and **carrot** on the lined tray. Lightly spray or brush with **olive oil**, season with **salt and pepper** and toss to coat. Roast for 12-15 mins until tender.



3. Marinate chicken

Meanwhile, bring a small saucepan of salted water to the boil for the peas. Put the **chicken**, **kofta seasoning**, **half the garlic** and **2 tsp olive oil** in a bowl. Season with **salt and pepper** and toss to coat.



4. Pan-fry chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove the pan from the heat. Meanwhile, cook the **peas** in the pan of boiling water for 2 mins or until tender. Drain.



5. Make sauce and serve up

Put the **tahini** and **1½ tbs hot water** in a bowl and stir until a thick paste forms. Add the **remaining garlic**, **2 tsp olive oil**, **1 tsp white vinegar** and a **pinch of sugar** and stir until smooth (see Make it yours). Season with **salt**. Divide the **chicken**, **roasted veggies** and **peas** among plates, then drizzle with the **tahini sauce**. Enjoy!



6. Make it yours

Tahini tends to separate after sitting for a while, so needs to be stirred well. The tahini sauce brings a distinctive creamy nuttiness to the dish. If you haven't tried tahini before, we suggest serving the sauce on the side, then spooning over as much or as little as you like.